



Type 2 Diabetes: VA Disability Rating Explained

The VA rates type 2 diabetes under Diagnostic Code 7913, which falls under 38 CFR § 4.119. The rating depends on the severity of the condition and its associated complications.

Here's an overview of the rating criteria for type 2 diabetes:

Diagnostic Code 7913: Diabetes Mellitus

- **100%:** Uncontrolled diabetes mellitus with: - Fasting blood sugar greater than 300 mg/dL, or - Random blood sugar greater than 400 mg/dL, or - Hemoglobin A1C greater than 11 percent.
- **60%:** Diabetes mellitus requiring: - Insulin, restricted diet, and regulation of activities, or - Oral hypoglycemic agent and restricted diet, or - Two or more insulin injections daily, or - Institution of restricted diet and compliance with medical instructions.
- **40%:** Diabetes mellitus requiring insulin, restricted diet, and regulation of activities, or; - Oral hypoglycemic agent and restricted diet, or; - Insulin or oral hypoglycemic agent and regulation of activities.
- **20%:** Diabetes mellitus requiring one or more of the following: - Oral hypoglycemic agent and regulation of activities, or - Diet alone, or - Insulin, restricted diet, or regulation of activities not considered of themselves severe.



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Rating Criteria Explanation:

- **100%:** A 100% rating is assigned for uncontrolled diabetes mellitus, as defined by specific blood sugar levels (fasting blood sugar greater than 300 mg/dL, random blood sugar greater than 400 mg/dL, or hemoglobin A1C greater than 11 percent).
- **60%:** A 60% rating is assigned for diabetes mellitus that requires significant treatment and management, such as insulin therapy, oral hypoglycemic agents, restricted diet, and regulation of activities.
- **40%:** A 40% rating may be assigned for diabetes mellitus that requires insulin therapy, restricted diet, and regulation of activities, or oral hypoglycemic agents with restricted diet, or insulin or oral hypoglycemic agents with regulation of activities.
- **20%:** A 20% rating is assigned for diabetes mellitus that requires less intensive treatment, such as oral hypoglycemic agents with regulation of activities, diet alone, or insulin, restricted diet, or regulation of activities not considered severe on their own.



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Additional Considerations:

- **Complications:** Complications of diabetes mellitus, such as peripheral neuropathy, diabetic retinopathy, diabetic nephropathy, cardiovascular disease, or diabetic foot ulcers, may warrant separate ratings based on their severity and functional impact.
- **Functional Impact:** The VA considers how diabetes mellitus and its complications affect daily activities, employment, and overall quality of life.

Evidence Required: To support a claim for type 2 diabetes, veterans typically need:

- **Medical Records:** Documentation of diagnosis, symptoms, and treatment history from healthcare providers, including laboratory results showing blood sugar levels and hemoglobin A1C.
- **Medication and Treatment History:** Documentation of medication usage (insulin, oral hypoglycemic agents) and compliance with treatment regimens.
- **Complication Documentation:** Documentation of any diabetes-related complications and their impact on daily functioning. By providing comprehensive medical evidence and documentation of the functional impact of type 2 diabetes, veterans can ensure their condition is accurately rated according to VA criteria.